

# **TOWN OF STOW RECREATION DEPARTMENT**

**“Providing Recreational, Educational, Social and Leisure-Time  
Activities for the Residents of Stow”**



## **FALL 2007**

**Stow Recreation Department  
375 Great Road \* Stow, MA 01775  
Telephone 461-1411 \* Fax 897-4534  
[www.stow-ma.gov](http://www.stow-ma.gov)**

## **MUSIC TOGETHER**

**"Music & Movement Class for Infants, Toddlers, Preschools...and the Grownups Who Love Them."**

Music Together classes build on your child's natural enthusiasm for music and movement. They help you provide your child with basic music skills needed to enjoy participation in school and social music activities and to formally study an instrument, should he/she choose to do so.

The fall Music Together program runs for ten weeks beginning September 8.

The class locations include Ayer, Groton, Hudson, Maynard, Stow, and Sudbury. Each 45-minute session includes songs, rhythmic rhymes, movement and instrument play. These activities are presented as informal, non-performance oriented musical experiences that are developmentally appropriate for children and easy for parents and caregivers--regardless of their own musical ability.

Children ages birth through 4 are invited to participate with their parents or caregivers. Each family will receive two CD's (one for home and one for the car) and a songbook. New families will receive a complimentary guidebook entitled "Music and Your Child: A Guide for Parents and Caregivers". The cost of the program is \$175/first child, and \$95 each sibling over eight months of age. Siblings under eight months are free.

For more information and/or to register for the fall session, please contact

Pat or Vic Lalli, directors, at 978-897-0874, or visit them online at

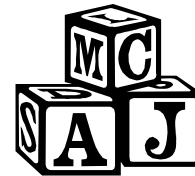
[www.mistervic.com](http://www.mistervic.com).

\*Music Together was developed by the Center for Music & Young Children of Princeton, NJ. Music Together, CYMC and the Center for Music & Young Children are registered trademarks of Music Together art and design © 1992



## **STOW RECREATION** **SPONSORED** **PLAYGROUPS AT** **THE OLD TOWN HALL**

The Stow Area Parents' Network is a volunteer-run organization for families with children under five who live in Stow and the surrounding towns. Its focus is on providing opportunities for parents and young children to connect with one another through a variety of activities and events such as playgroups for infants through age five, family concerts, seasonal activities, outings to local attractions, Moms' and Dads' Nights Out, and a babysitting cooperative. Members receive free admission to most if not all events as well as quarterly newsletters updating them on SAPN and other area activities. SAPN is sponsored in part by First Connections, a community program created through funding from the Massachusetts Department of Education and a part of its Massachusetts Family Network Initiative. For more details on SAPN and/or to join, please contact Teresa O'riorden at 978-562-5643.



## **YANG STYLE TAI CHI** **CLASSES**

Tai Chi is an ancient Chinese Martial art and healthy form of exercise. It has been called meditation in motion and promotes relaxation, health, and longevity. The postures are preformed softly and slowly to build your balance, strength, and patience. It increases personal energy levels, releases stress, and tones muscles. Ming Wu, Tai Chi Master and Doctor of traditional Chinese Medicine will be the instructor for this course and has over 25 years of experience in Tai Chi.

Class begins on Thursday, September 6 from 12-1pm upstairs in the Town Hall. The cost for this 12-week session is \$90. Class is on going and you may join at anytime, for more information about the class please call 978-461-2168.

## **CREATIVE DANCE**

Jennifer McGowan's Creative Dance Center  
Dedicated to providing quality dance education  
for children of all ages.

Fall / Winter Session

September 2007-January 2008

All classes start September 18 unless otherwise  
stated. Please call 978-433-8349 to sign up for  
your free class!

Try a Class for Free

Tuesday, September 11, 2007

2:45pm (Ages 3-4)

3:45pm (Ages 4-6)

4:30pm (Ages 6-8)

5:15pm (Ages 9+)

Creative Modern and Expressive Dance  
Modern, ballet, and jazz dance technique is  
formally introduced with an emphasis on self-  
expression, creativity and fun. The class is  
designed to develop rhythmic, coordination, and  
creative skills necessary in the art of making  
dances. Through dance exercises, combinations,  
and yoga you will develop strength, flexibility,  
posture, balance, and coordination. Then  
explore moving to a variety of music as you  
create your own dances.

Thursdays, 3:45-5:00pm (Ages 9-12)

Thursdays, 5:45-7:00pm (Teens)

Classes Begin September 18

Dancers' Performing Workshop

A children's dance company designed for  
dedicated dancers ages 9+ who wish to have the  
opportunity to perform in the community. In the  
past students have performed in Boston,  
Concord, Acton, and Stow. Students will have  
the chance to learn pieces of choreography in a  
variety of dance styles as well as perform their  
own original works. In addition to attending  
workshop rehearsals, students are required to  
attend the Creative Modern and Expressive  
Dance at their age level. All are welcome to be a  
part of the dancers' workshop.

Thursdays, 5:00-5:45pm (Ages 8+) Rehearsals  
begin September 6. Please call for more details  
about this special class.

For more information about these and other  
classes in Stow or to register

please call 978-433-8349 or e-mail

[information@creative-dance.com](mailto:information@creative-dance.com)

[www.creative-dance.com](http://www.creative-dance.com)

## **GENTLE/BEGINNING INTRO TO YOGA**

MaryLu Hildreth, RYT Stretch your body – relax  
your mind!

This class is for new students or continuing  
students who like the pace of a gentle class.  
We'll work with basic postures inviting each  
person to find the degree of stretch that's feels  
right for them. Additional instruction to help  
adapt movements to accommodate special  
conditions (a bad back or knee, for example.) lets  
each student work in their safety zone. Using  
breath and relaxation techniques to slow the  
mind down and free us momentarily from the  
hectic pace of our everyday lives will help  
relieve stress. You may fall in love with yoga  
and become a regular practitioner or learn to use  
yoga as a compliment to other exercise/sports  
activities. In either case, yoga can be a useful  
tool. Please bring a mat or blanket to class.

Thursdays, 6:15 – 7:15 pm

First Parish Church

**Session I:** Sep 6 – Oct 18

7 weeks \$77

**Session II:** Oct 25 – Dec 13

7 weeks \$77



## **BEGINNER II/INT. YOGA**

**with MaryLu Hildreth, RYT**

For those who have taken a beginner class and  
are ready to further their practice; we'll  
hold poses longer, move on to more challenging  
asanas plus concentrate more on integrating the  
breath. Alternate postures will be given  
whenever necessary to allow students to work at  
their own edge – in some cases that might mean  
pulling back, in other cases going deeper in a  
posture. This is also a great refresher class. Please  
bring a mat and a blanket/towel to class.

Thursdays 7:30 – 8:45 pm

First Parish Church

Session I: Sep 6 – Oct 18

7 weeks \$84

Session II: Oct 25 – Dec 13

7 weeks \$84

PLEASE NOTE: You may try a class  
for free at any time. Please call MaryLu  
for details or if you have any questions.  
978-456-8168

**MaryLu Hildreth** is a certified Hatha Yoga teacher  
with over 25 years of experience. With extensive study in a  
wide variety of Hatha Yoga techniques, she specializes in  
tailoring her classes to the needs of her students.

## **GET FIT – LOSE WEIGHT- EAT MORE**

**Learn to control your metabolism and your physical appearance for the rest of your life. Get the information that delivers results!**

Tired of trying to figure out what to eat and what to avoid? Good carbs, bad carbs, low fat high protein...it's so confusing! **Learn to eat to support your metabolism.**

Imagine yourself having abundant energy to sail through the day. You understand completely and absolutely how to control your metabolism and your physical appearance for the rest of your life. You feel amazing and look better than you have in years. Diets don't work. Get the science and the technology that delivers results.

**Confused about exercising?** What really works...more cardio? Working with weights? *What about Pilates and Yoga?* How do you know exactly what to do, and how to do it safely? Stop wasting time at the gym....

**Is your cardio causing your metabolism to slow down?**

**Forget the 5-mile walks (and runs).**

They don't work! Forget about longer, harder workouts. That's not the answer. That's just plain exhausting!

**Work out smarter, not harder!**

You'll be amazed at the simplicity of a program that works. The correct technology will show you how to get the results. By changing the exercise stimulus, in a specific progression, you can trick your body into releasing stored fat. You'll feel energetic all through the day and look amazing.

**The workouts can be done at home or at a club.**

Find out how simple 30-minute workouts work get results. You just need the right information. This technology is amazing and it works for everyone.

**This program delivers spectacular results! Sculpted toned muscles \* increased energy levels\* weight loss\*reduced belly fat\***

The gradual progression of workouts layer one onto the next. This allows those new to exercise a comfortable choice while the experienced fitness enthusiast can progress at the level he or she chooses. The cycle of workouts can be repeated for the rest of your life.

**Your Personal Transformation**

**Program**....the 120+ page manual has clear simple directions with beautiful color photos. The tools and logs will guide you every step of the way.

Each week, for eight weeks your materials will be delivered via email to your inbox.

Eight week email program.

\$50 per person with personalized email follow up (food logs and exercise logs will be checked weekly)..\$130 per person.

## **FALL FOLIAGE KAYAK TRIP**

Enjoy the breathtaking views of autumn in New England from a different perspective. As you glide through the water in a kayak, everything will slow down and life will seem tranquil. We'll pause for hot chocolate and cookies in a picturesque spot. No experience is necessary. Families encouraged to participate. Call Still River Outfitters directly at 978-844-0965 to check on Availability of tandem Kayaks or Canoes. To register call Laura at 978-461-1411 or mail in registration form. Direction will be sent upon registration; please include an e-mail address when registering.

Sunday, October 7, 2-5PM

Nashua River

Maximum number of participants: 6

Cost: \$70/person

Kids 12 and under \$40

Kids weighing less than 50 lbs. FREE



## **STOW RECREATION SKI PROGRAM REGISTRATION NIGHT**

The Stow Recreation Ski Program Registration Night is Wednesday, November 7<sup>th</sup> from 6:00 – 7:00pm at the Hale School Cafeteria. A representative from Nashoba Valley Ski Area will be at the registration to pre-fit children renting equipment. Please bring your child (ren) to registration for pre-fitting of equipment. The cost for skiing is as follows: Lessons - \$150.00; No Lessons- \$130.00; Racing- \$160.00. Rentals are \$80.00. At the prefit OVO helmets will also be available for purchase. Ski lessons begin January 4. Bus fee is \$70.00. Financial aid is available contact Laura, at 978-461-1411.



## **THE BELLY FAT BLASTER** **CLASS: WEIGHT TRAINING** **AND FLAT ABS WITH** **PILATES**

Weight training and Pilates matwork are the most effective ways to reduce belly fat and boost your metabolism.

The true solution to reducing belly fat begins with this 60 minute class. The weight training segment of the class includes the *most effective moves* to train your body to burn calories and release stored fat. You'll get stronger while you tighten and tone your body. As you increase your metabolism you'll burn more calories 24 hours a day. Incorporating Pilates matwork, the core conditioning segment includes the most effective moves for better posture, a stronger back and *flat abs*. The instructor brings 30+ years of experience to this program. You'll get individual attention to insure that you are exercising safely and effectively. This class is a perfect compliment to a walking or running program. Healthy eating, metabolism boosting tips, and family friendly recipes are included. This class will feature Marie O'Malley's 10 Secrets to Lose 10 Pounds. Bring a set of hand held weights, and a mat.

When: Wednesdays 7:00-8:00 pm and  
Thursdays 9:30-10:30 am  
8 weeks/classes

Where: Wednesdays, Town Hall  
Thursdays, TBA

Cost: \$96

Register with Marie O'Malley at 978.897-6079  
[marie@betterbodyenterprises.com](mailto:marie@betterbodyenterprises.com)

## **FAMILY YOGA**

Family yoga promotes body-awareness, social skills, positive thinking and self-esteem. For little kids, yoga is playtime, a chance to foster creative expression and learn about animals, anatomy and nature. Along the way, they reap the many benefits of yoga such as better coordination and balance. Families also learn the importance of breathing deeply which helps them to think more clearly, sleep better and relax tight muscles.

Classes will be held in the Town Hall in Stow on Friday's from 6:00-7:00pm. Classes begin September 7<sup>th</sup>. Cost for an eight week session is \$96 per family. For more information or to register please call Laura Greenough at 978-461-1411 or mail in registration form to Stow Recreation 380 Great Rd. Stow, Ma. 01775

## **STOW YOUTH BASKETBALL**

Stow Basketball registration night will be held on **Tuesday, September 18th from 5:30-6:30pm** in the Stow Town Hall. Registration forms **must** be submitted to the Recreation Department by September 21<sup>st</sup> or a late charge will be issued. You may mail in your registration for and a check to the Stow Recreation Department, 380 Great Rd. Stow, MA. 01775 or come to Registration night on the 18<sup>th</sup>.

I'm excited to announce that we will be joining the Nashoba Youth Basketball League this year. Stow player will be placed on Stow teams and practice in Stow. Games will be held on Saturdays and some Sundays. This is a 14 week program, which will start after Thanksgiving and run into March. Registration fee: \$75. Second, etc. child fee: \$60. LATE FEE: \$100.

If you are interested in coaching please include your name, phone number, and grade you are interested in coaching on the registration form.

For more information on the league please call Laura Greenough at 978-461-1411 or check out the web site: [www.nashobabasketball.com](http://www.nashobabasketball.com)



## **MEN'S BASKETBALL AT** **HALE SCHOOL**

The Stow Recreation Department is sponsoring Men's Basketball Tuesday evenings from 6:30 – 8:30pm and Saturday mornings from 10:00-12:00pm. Anyone interested in playing, please call Laura Greenough at the Stow Recreation Department at 461-1411.

# STOW YOUTH BASKETBALL LEAGUE

## Nov. 2007 - Mar. 2008

### Registration Form

SRC Use Only  
Payment Received:  
Yes No

Name: \_\_\_\_\_  
Age: \_\_\_\_\_ Grade: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Parent Name(s): \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
Shirt Size: (select one) Small Medium Large X-Large  
Men's: \_\_\_\_\_  
Women's: \_\_\_\_\_  
Any Medical problems? \_\_\_\_\_ If yes, please describe:  
\_\_\_\_\_  
\_\_\_\_\_

Emergency  
contact: \_\_\_\_\_ Phone#: \_\_\_\_\_

**PLEASE READ:** All Stow children in grades 3 through 8 are eligible! You will be allowed to play in this league even if you play for the Hale School Team. Registration fee: \$75. Second, etc. child fee: \$60. **LATE FEE:** \$100. Please make checks payable to the Stow Recreation Department and send, along with this form, to:

Stow Recreation Department  
Attn: Stow Youth Basketball League  
Stow Town Building, 380 Great Road  
Stow, MA 01775

**Registration Form and Payment MUST be received by 5:00pm Friday, September 21st, 2007! Or a late fee will be charged.**

Any questions...call the Stow Recreation Department at 461-1411.

Any Parent Interested in Coaching or assistant coaching please Check:

Coach: \_\_\_\_\_ Assistant Coach: \_\_\_\_\_

Special Requests: \_\_\_\_\_

#### General Release/Consent for Emergency Medical Treatment of a Minor

The Stow Youth Basketball League does not provide insurance. Accordingly, parents are urged to ascertain that their own insurance coverage's are sufficient to underwrite the cost of medical care for any injuries, which their child might sustain as a result of participation in this league. As the parent of the above named child, I agree to indemnify the Town of Stow, its employees and agents against claims of bodily injury, death, or property damage which may arise in the course of the Recreation Commission's performance of the recreational activities described herein not caused by the Town's own negligence or that of its employees or agents. As parent or legal guardian of the above named player, I hereby give my consent for emergency medical care by a licensed Doctor of Medicine or Dentistry as may be warranted to preserve the well being of my child.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**1<sup>st</sup> ANNUAL**  
**STOW GOBBLER 5K**  
**Thanksgiving, 22 Nov 2007**

**Time:** 8:00 AM

**Place:** BOSE Corporation  
688 Great Road  
Stow, MA 01775



**Registration:** Go to Stow Recreation website, click on Stow Gobbler 5K link, and download registration form. Mail to: Stow Gobbler 5K  
279 Hudson Rd. Stow, Ma 01775  
Or day-of race  
registration 7:00 AM

**Distance:** 5K Run/Fun Walk

**Entry Fee:** 5K Run: \$20  
5K Walk: \$20  
Children 12 and Under: \$5

**Age Group Awards:** Top overall male & female finisher  
Top 3 male & female finishers age groups: 0-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 plus

**Amenities:** Post-race awards and refreshments under tent

**T-shirts:** T-shirts for all who pre-register

**Sponsors:** ET&L Corp., Embroidery & More, Hudson Road Auto, Radant Corp., Stow Recreation Department, Stow Acres Country Club

**Directions:** Mapquest 688 Great Road (Rt. 117), Stow, MA  
Turn into main BOSE driveway at light. Follow 5K parking signs

**Additional Info:** Proceeds benefit Habitat For Humanity and Stow Community Chest  
USA Track and Field sanctioned.

**Mail-in Registration Form**  
**Stow Gobbler 5K**  
**Thanksgiving Day, 22 November 2007**  
USA Track and Field Sanctioned

**Make checks payable to:**  
Stow Recreation

**Mail entry form to:**  
Stow Gobbler 5K  
279 Hudson Road  
Stow, MA 01775

FILL OUT THIS FORM< PRINT IT< SIGN IT< MAIL IT  
One person per form

NAME:			
Address:			
City, State, Zip:			
Daytime phone:			
Date of birth:			
E-mail:			
Age on race date:			
Circle your gender:	Male	Female	
Circle your event:	5K Run	5K Walk	
Circle T-shirt:	S	M	L      XL
<b>Waiver must be read and signed before mailing:</b>			
<p>I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, forever waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. <b>All fees are nonrefundable.</b></p>			
Signature_____ Date_____			
Parent's signature if under 18_____			

Questions? Call Laura Greenough at Stow Rec. 978-461-1411 or Nick/Alex Papanastassiou at 978-562-4165.



## **North Gate Farm**

999 Concord Road, Sudbury, MA

01772

978-443-0999

[www.NorthGateFarm.net](http://www.NorthGateFarm.net)

[info@NorthGateFarm.net](mailto:info@NorthGateFarm.net)

We are very conveniently located off of Routes 117, 128, 20, 2 and the Mass Pike near the Concord/Sudbury town lines!

### **Pony Preschool** (ages 3-5 with a parent or guardian)

The pony preschool program is open to children ages 3-5 while accompanied by an adult.

The program is designed to introduce riding and ponies through fun, interactive activities.

Children and their adult learn how to groom and tack their pony in preparation for riding.

Adults learn how to safely assist and handle the pony. Children learn basic riding skills such as walk, steering, mounting and dismounting. *Six week session - \$300.00*

#### *Pony Preschool Sessions*

Offered at the following times and days:

Tuesday 10:00 AM Thursday 10:00 AM

Saturday 12:00 PM

Tuesday 1:00 PM Thursday 1:00 PM

Session 6: July 24 – Aug 28 July 26 – Aug 30  
July 28 – Sept 1

Session 7: Sept 4 – Oct 9 Sept 6 – Oct 11 Sept 8 – Oct 13

Session 8: Oct 16 – Nov 20 Oct 18 – Nov 22 Oct 20 – Nov 24

Session 9: Nov 27 – Dec 31 Nov 30 – Jan 3 Dec 1 – Jan 5

### **Introduction to Riding** (ages 6-Adult)

This program is a great introduction to horses and riding. Small group instruction gives students a safe, introduction to riding and horsemanship. Skills learned include leading, grooming, tacking and safe handling of horses and ponies as well as mounting, walking, steering, stopping and trotting! *Four week session - \$180.00*

#### *Introduction to Riding Sessions*

Offered at the following times and days:

Mondays 4:00 PM Thursday 5:30 PM Saturday 10:30 AM

Session 8: July 9 – July 30 July 12 – Aug 2 July 14 – Aug 4

Session 9: Aug 6 – Aug 27 Aug 9 – Aug 30 Aug 11 – Sept 1

Session 10: Sept 3 – Sept 24 Sept 6 – Sept 27

Sept 8 – Sept 29

Session 11: Oct 1 – Oct 22 Oct 4 – Oct 25 Oct 6 – Oct 27

Session 12: Oct 29 – Nov 19 Nov 1 – Nov 23

Nov 3 – Nov 24

Session 13: Nov 26 – Dec 17 Nov 29 – Dec 20

Dec 1 – Dec 22

### **Pet-a-Pony** (ages 6-12)

This one hour session includes a tour of the barn, learning general safety around horses and ponies, a demonstration of grooming and the tools used to groom and to take a turn at briefly groom a pony. Pet-a-Pony is a non-riding introduction to ponies.

*One hour session: \$15.00 per person/non-participating adults are free when accompanying a minor child.*

Offered each Tuesday and Friday at 4:00 PM and on Saturdays at 3:00 PM

### **Horse Behavior and Safety** (ages 13-Adult)

This one hour session is an excellent introduction for beginning riders or anyone who is unfamiliar with horses. The one and one half hour session includes a tour of the barn and grooming, leading and handling demonstration. Students learn how about the nature of horses, their instincts, and how to safely work around and handle horses. Horse Behavior and Safety is a non riding introduction to horses and ponies and is a helpful class to take before taking a riding lesson.

*One and one half hour session: \$25.00 per person*

Offered each Wednesday and Thursday at 3:30 PM and on Saturdays at 1:30 PM

### **Giddy-up Try It** (ages 6-Adult)

This two hour session includes a tour of the barn, a discussion about safety, horse behavior, a grooming and tacking demonstration and a discussion of basic riding skills followed by a brief ride on a horse or pony. The class is designed as an introduction to horses and riding.

*Two hour session: \$40.00 per person*

Offered on Saturdays at 8:30 AM

All of our instructors are licensed by the Commonwealth of Massachusetts, are CPR and First Aid Certified and are fully insured.

Please give us a call for further details!

**STOW RECREATION DEPARTMENT  
YOGA, HORSEBACK RIDING, KAYAKING, AND FITNESS  
REGISTRATION FORM**

Student's Name: \_\_\_\_\_

Parent/Guardian (if under 18): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: (day) \_\_\_\_\_ (eve) \_\_\_\_\_

Class Name: \_\_\_\_\_

Day & Time: \_\_\_\_\_

Starting Date: \_\_\_\_\_

Amount Enclosed (checks only): \_\_\_\_\_

**Please make check payable to Stow Recreation Department and mail to  
380 Great Road, Stow, MA 0177**

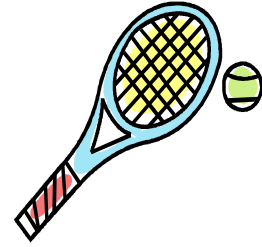
The Town of Stow does not provide insurance. Accordingly, parents are urged to ascertain that their own coverage's are sufficient to underwrite the cost of medical care for any injuries, which their child might sustain as a result of participation in our programs. As the parent of the above named child, I agree to indemnify the Town of Stow, its employees and agents against any claims of bodily injury, death, or property damage which may arise in the course of the Rec. Department's performance of the recreational activities described herein not caused by the Town's negligence or that of its employees or agents. As parent or legal guardian of the above named child, I hereby give my consent for emergency medical care by a licensed Doctor of Medicine or Dentistry as may be warranted to preserve the well being of my child.

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

\_\_\_\_\_ \* Please fill out this form as well as any other related forms for any Stow Recreation Department sponsored program. Additional registration forms available at the Stow Recreation office.

Back by popular demand...

## Fall Tennis Lessons



U.S.P.T.R. certified tennis instructor, Dan Spedding will be offering lessons this fall. The fundamentals of the game will be covered, including forehand, backhand, volley, serve and overhead. Also included will be video stroke analysis. Singles and doubles strategy and mental toughness training.



Five Wednesdays starting September 12<sup>th</sup>  
Sept. 12, 19, 26, Oct. 3, 10 (rain date 10/17)



Center School Courts



\$80 for the program, checks payable to Stow Rec. Dept.



Oldest Students, 2:30-3:30, Pompo Students, 3:30-4:30,  
Center Students, 4:30-5:30



An additional class may be added based on enrollment

**Forms should be sent to:**  
**Stow Recreation Department, 380 Great Rd., Stow 01775**

The Town of Stow does not provide insurance. Accordingly, parents are urged to ascertain that their own coverage's are sufficient to underwrite the cost of medical care for any injuries, which their child might sustain as a result of participation in our programs. As the parent of the above named child, I agree to indemnify the Town of Stow, it's employees and agents against any claims of bodily injury, death, or property damage, which may arise in the course of the Rec. Department's performance of the recreational activities described herein not caused by the Town's negligence or that of its employees or agents. As parent or legal guardian of the above named child, I hereby give my consent for emergency medical care by a licensed Doctor of Medicine or Dentistry as may be warranted to preserve the well being of my child.

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**\* Please fill out this form as well as any other related forms for any Stow Recreation Department sponsored program. Additional registration forms available at the Stow Recreation office.**

U.S. POSTAGE  
PAID  
PERMIT NO. 2  
STOW, MASS.

**POSTAL PATRON  
BOXHOLDER  
OR  
R.F.D.**

**STOW RECREATION COMMISSION**

The Stow Recreation Commission meets second Monday of each month in the Recreation office at the Town Hall at 6:30 pm. Meeting are open to the public and interested residents are encouraged to attend.

**STOW RECREATION COMMISSION MEMBERS**

Mike Busch  
Mark Pieper  
Bill Jones  
Jim Henry  
John Sangermano

Chairperson